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■ ROTARY CLUB EVENT: Fundraiser for Pelham Cares will be muddy

## Get down and dirty in Pelham

MELISSA MANGELSEN  
PelhamNews Staff

The opportunity to get wet and muddy is being offered by Rotary Club of Fonhill.

The Pelham Mudfest Challenge will take place May 3.

"These challenges get in your blood, they're a lot of fun and both physically and mentally challenging," said event chairman Frank Adamson.

Pelham's challenge is a five-kilometre fun-run/obstacle course through the

hills of Bissell's Hideaway Resort on Meter Rd.

Adamson said anyone is welcome to participate in the event, and is not be scared off by events such as the Tough Mudder.

"You've probably heard of people who do the Tough Mudders and other tough races, but we want to emphasize that our event is about teamwork and the fun that we have built into this challenge," he said.

See MUDFEST on Page 2



Rotary Club of Fonhill will be hosting the Pelham Mudfest Challenge, May 3. The event is a fundraiser for the Pelham Cares' Home for Good Capital Campaign.

SUPPLIED PHOTO



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# LOCAL NEWS

■ **INFRASTRUCTURE:** Emergency repairs necessary after road collapses over culvert Monday night

## Sinkhole swallows up portion of Chantler Rd. near Cream St.

MARYANNE FIRTH  
PelhamNews Staff

It may have been April Fool's Day, but for the Town of Pelham that Tuesday was no laughing matter.

Staff spent April 1 preparing for emergency road repairs after a sizable sinkhole opened up on Chantler Rd. the night before.

The road collapsed atop a double culvert spanning across Chantler.

A portion of the roadway, between Cream and Halfour Sts., has been closed as the sinkhole is evaluated and repaired.

Niagara Regional Police were called about the damage at about 8 p.m. Monday.

A nearby resident had

reported driving over the stretch of road at about 7 p.m. with no issue.

Pelham public works manager Ryan Cook said it appears water from a stream below, which typically travels through the culverts, found a path between two pipes. The small stream leads to one of the town's larger drains.

Area flooding in recent months and the freeze-thaw cycles experienced throughout the winter likely took its toll on the roadway, Cook said.

Staff called distributors to determine whether materials are in stock to fix the road and replace pipes immediately.

Because the culverts are so large, 1.8 metres in diam-

eter, they could be difficult to find without placing a special order, Cook said.

If they are readily available, the road could be fixed in one to two weeks. If they have to be ordered, it could take up to three weeks just for the pipes to arrive, he said.

Cook estimated the culverts involved in the collapse — arch pipes that have thicker walls than most — are about 25 to 30 years old. While the tops of the pipes "appear to be in good shape," he said it's difficult to tell how the bottoms have fared.

"But we're not taking any chances," Cook said. "We'll be replacing them."

Larger culverts in the area are monitored and at this time there are no concerns about

additional sinkholes occurring, he said.

"We have an annual culvert replacement program. We are out there looking."

Cook was uncertain how much the repairs will cost, as it will depend on quotes received for the work.

"It's not an ideal situation, but this sort of thing doesn't happen very often," he said.

To Cook's knowledge, Pelham has not had an incident like this in recent years.

"We're thankful there were no accidents related to it."

Detour signs are posted and temporary fencing installed around the sinkhole to deter curious people from getting too close.

The sinkhole continues to deteriorate, growing in size



MARYANNE FIRTH/STAFF PHOTO

A sinkhole has opened up on Chantler Rd., west of Cream St. in Pelham.

between Tuesday morning and early afternoon, Cook said. The town plans to bring in a back hoe to knock down any loose or hanging materials.

"Stay back," he warned. "Especially if we do get more rain. Keep your distance."

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■ **MUDFEST**

## Pelham Cares to benefit from Rotary Club of Fonthill event

From Page 1

"It's best to go into it as a team, because we encourage you to work together to get over the obstacles, and help pick each other up when you find yourselves sliding around the mud."

Mudfest is a fundraiser for Pelham Cares' Home for

Good Capital Campaign and will feature 12 obstacles. The obstacles are both natural and built elements combined for teammates to race over, under, around and through.

"The end result will be a run through a nice cold shower before being fed and entertained, along with the

satisfaction of contributing to a worthwhile cause," said Adamson.

Created by Adamson and Rotary Club of Fonthill, it is the first event of its kind for Pelham.

"I attended similar events and knew this was something that no other Rotary Club has

done. I brought it to the club and they were all over it," Adamson said.

The entry fee for the Pelham Mudfest Challenge is \$70 for each person on a team of four or more people, or \$75 for a single entry. Participants will receive a T-shirt, lunch, drinks, enter-

tainment and a chance at prizes.

"We're encouraging people to also raise pledges for Pelham Cares above the entry fee. There will be prizes for the top fundraising individual and team," said Adamson.

Rotarians are putting

together final details of the event. For more information, visit [www.pelhammudfest.ca](http://www.pelhammudfest.ca). Anyone interested in sponsorship opportunities can contact Adamson at 905-892-0200.

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# LOCAL NEWS

■ ARTIST FEATURE: Peters showing work for first time at festival

## Pelham Art festival a goal for Port Colborne artist

MELISSA MANGELSEN  
Pelham News Staff

Being a part of the Pelham Art Festival was a goal for Cathy Peters.

"The festival has a great reputation, it's local and it was such an honour to be accepted," said the Port Colborne artist. "It's run by such a great organization with proceeds going to the community. I have a strong sense of community, so it was easy for me to want to be involved."

Peters has been expressing herself through contemporary art for almost 20 years, but since retiring last year has been able to focus more on her passion.

Her diverse collection of both style and images are done in acrylic, watercolour and mixed media.

Inspiration is easy for Peters

to find because of the view from her lakeshore home studio.

"I do a lot of beach and lake scenes because I see it everyday. A lot of my paintings echo the shoreline seasons," said Peters. "But, because we change everyday, my artwork follows that. I pull a lot of inspiration from the feelings I have at that moment."

Peters is passionate about buying original art because it keeps the flame of the contemporary artist ignited, she said.

"When you buy original artwork, you own the creative energy from an artist who has spent years developing their style, technique, creativity and expertise," said Peters.

Though she is a well-established artist, her style is constantly evolving. More recently she has begun to focus on

some abstract pieces.

She upgrades her skills by learning from other artists and attending various workshops.

"I work passionately on my art everyday. It's great when people say they own a Cathy Peters original because I put my DNA on that piece of art," she said. "It's a real honour to have my art in people's homes."

Breaking into the arts and earning a living doing it full time is a struggle and not something that everyone is able to do. Peters considers herself fortunate to be able to do what she loves everyday.

"It's my passion. Anyone who is able to live their passion is living the dream. I live it everyday when I come to my happy place," said Peters.

The Pelham Art Festival will



MELISSA MANGELSEN/PELHAM NEWS STAFF

Port Colborne artist Cathy Peters will display her art at the Pelham Art Festival for the first time this year. Peters said being a part of this festival was one of her goals as an artist.

be held Mother's Day weekend, May 9 to 11 at the Pelham Arena on Haist St. Opening night is May 9 from 7 p.m. to 10 p.m. The festival will be open May 10 and 11 from 11 a.m. to 5 p.m.

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**Pelham NEWS** Oh, the signs are all there. They are unmistakable. Unavoidable. An election is coming.

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**COMMENT**

# Switching to the OPP isn't a budget silver bullet

Even if you didn't know the dates of upcoming elections you can tell, when politicians start going on about saving us, the poor taxpayer, money, we're soon headed to the voting booth.

But really, when is the last time you paid significantly less tax on just about anything?

The most recent version of the "we'll save you money" merry-go-round happened this week when some regional councillors suggested replacing Niagara Regional Police with Ontario Provincial Police because they think it will be cheaper.

The junior councillor from St. Catharines, Andrew Petrowski, is the

latest, and certainly not the last, to raise this idea. To pay for the NRP it costs about \$700 per household, he says, whereas the OPP would cost \$360.

Sounds good, right? And it's true... well, truthful. It has a faint odor of truth.

The fact is we really don't know how much it would cost because there is no hard data. But it won't be that cheap.

The OPP does have an economy of scale a local service cannot match. Instead of operating, say, a stand-alone specialty unit like a canine squad, the OPP has a provincial unit to draw upon. So undoubtedly there is some savings there, as well in reducing the number of highly paid senior officers.

A report back in 2006 on a potential switch said the OPP would likely chop a couple of hundred NRP civilian employees but would keep most of the officers. OPP officers just got an 8.5% pay raise, making them the best-paid in Ontario. So while it's true a legion of NRP officers were on this year's Sunshine List, we wouldn't save on officer salaries by switching to the OPP.

And there are basic facts of policing that play into the cost of running the NRP. Aside from regular, front line policing, the NRP patrols our waterways, including the border with the United States. It also has the casino unit.

There is also the unavoidable fact Niagara,

as a border region, is a transit hub for illegal weapons and drugs. There have been several high-profile busts of major international drug trafficking rings with tendrils in Niagara in the last few years. These sort of investigations cost millions of dollars. As criminals get more sophisticated, the effort to catch them becomes more expensive.

The OPP cannot avoid these realities anymore than the NRP can. All of this says nothing about the massive transition costs. The 2006 report estimated it would cost \$28.7 million just to dismantle the NRP. The costs of severances, pensions, sick time payouts, new uniforms and switching

firearms (the OPP and NRP use different guns) will run into the millions of dollars.

Then there is the loss of local governance. Whether you think the NRP services board does a good job or not, they are still our representatives, accountable to the regional government and Niagara citizens. If the OPP took over, that local control is gone forever. The Region just gets a bill from the OPP.

And while the NRP has its share of bad apples like any police service — and anytime an officer commits a crime it is unacceptable in the extreme — its officers have also helped break the Hells Angels, major cocaine smuggling operations and

other serious criminal enterprises.

Our police service needs to be kept under a microscope, but we cannot just blithely forget the good they've done.

Clearly, our leaders need to do a vastly better job at controlling costs. In 2006, the annual NRP budget was around \$102 million. Today, it is more than \$135 million. Niagara citizens simply cannot afford these sorts of rapidly rising costs any longer.

At the same time, we cannot fool ourselves into believing the OPP is a silver bullet for our budget woes. The costs of switching isn't anywhere near as simple as it was presented at regional council.

# Sheep, shepherds and donkeys

**PASTOR GARY TOMBUCK**  
Whitefield Congregational Christian Church

Jesus calls himself the good shepherd and if you belong to him as your own personal Lord and Savior. He calls you one of His sheep. To more deeply understand the role of the Shepherd one has to know something about the customs, culture and care they exercised over their flocks.

One function was that they would graze then gather their sheep into a sheep fold. This was an enclosure which was open to the wind. Its walls were made of stone or brick. It was a safeguard against thieves and predators. It kept out wolves, wild dogs,

and cogs etc. A further measure of protection for the sheep was the gate or the door. Thieves would have no right of access; they would have to find another way to gain entrance. The Lord said in John 10:1 "He who does not enter the sheepfold by the gate but climbs up some other way is a thief and a robber."

This lack of caring dovetails with the false shepherds mentioned in Ezekiel 34 of whom God pronounced a severe judgement saying to them "wooa to the Shepherds of Israel who only care for themselves, you have not strengthened the weak or healed the sick or bound up the injured. You have not brought back the strays or searched for the lost and they

became food for all the wild animals." We must know our Shepherd's voice to combat these false teachers and their teachings.

God in the Old Testament, Jesus in the New Testament and Shepherd who are what Pastors are called to do all of these things. Faithful Shepherds would guide the flocks which would move in and out through the entrance to find fresh fields for grazing by day as well as protection and security by night. Jesus is called "The Door" and He wants people to invite Him into their hearts and find comfort and eternal security in Him. He feeds the sheep as they "lie down in green pastures and are laid beside still waters." (Psalm 23:2).

As Shepherds the primary

function of Pastors is to feed the sheep which is preaching the word which in turn not only gives life but also nourishment enabling his flock to mature in the faith.

The Lord not only goes with you throughout the day. He also goes ahead of you as well.

In the Middle East, a Shepherd would carry only a rod and a staff. He would spend hours throwing it with amazing speed and accuracy. He could kill predators with it. We read of David who fought off the bear and the lion with the rod or the club.

Now we come to the staff which was a long slender stick with a crook or a hook on one end. The Shepherd would sometime use his staff to gently lift a new born lamb

to bring it back to his mother if it became separated. The staff would also be used with gentle pressure against the animals side to keep the sheep on the path.

Philly Keller a former sheep rancher speaks of going out into blizzards and bundling up two or three cold lambs wrapped in his wool jacket held against his chest. Multiple times by infinity, the Lord Jesus feeds, protects, carries and guides His sheep. He gave His life for them and carries them close to His heart.

Let Jesus make His Triumphal Entry into your heart which we celebrate this Palm Sunday. A day in which Jesus entered the city of Jerusalem on a donkey, it

coit following (Matthew 21:7). He presented Himself as the Messiah on the exact same day when lambs were being sacrificed. And this was on Passover day. Jesus is also the lamb (shepherd), who takes away the sin of the world. (John 1:29).

This calls for praise as was done in the past (accompanied by branches of palm trees) (John 12:13) This calls for praise in the future when multitudes will praise God with palm branches in their hands.

(Rev. 7:9) and this now should result in praise to God in the present as each believer cries out (Hosanna! Blessed is He who comes in the name of the Lord, blessed is the King of Israel.) (Matthew 21:9)



## Easter Food Drive for Pelham Cares

Pelham Auto Repairs will be collecting non-perishable goods and treats for children for its fourth annual

Easter Food Drive that will benefit Pelham Cares. Pelham Cares works year-round to help people in need. It has shifted its focus to Easter to make sure that every child can enjoy the holiday.

To give back to the community Gail Levy, of Pelham Auto Repairs, started the business holds the annual Easter Food Drive, which has had a successful three years.

Items can be dropped off at Pelham Auto Repairs at 151 Hwy. 20 E. until April 17.

## Perhaps You Should Be Eating More Fish...

As a matter of fact, very few of us eat enough fish. The health benefits of eating fish, particularly oily fish, rich in omega-3 essential fatty acids (EFAs), is very compelling.

Fish oil has been proven to reduce the risk of heart disease, cancer, Alzheimer's and dementia. It also helps to relieve depression and arthritis, assist in fat metabolism and promote younger looking skin. Japanese people, the world's largest fish consuming nation, know all about the healthful benefits of fish oil. Japanese people experience the lowest rate of heart attacks in the world and they have extremely low levels of obesity and diabetes.

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■ **WELLAND HUMANE SOCIETY:** Seaway Mall cat centre marks two years

# Adoption numbers are just meow-vellous

**COLLIN STACHURA**  
for The Tribune

The cat adoption centre inside Welland's Seaway Mall, which celebrated its two-year anniversary Wednesday, has found hundreds of cats new homes.

Through the large centre front window, cats can

be seen playing and napping. With anywhere from 15 to 50 felines at the centre on any given day, "we encourage interacting with the cats in our back room to see how they get along," animal care worker Carn Guinn said.

Just more than 1,400 cat adoptions in the past two years was a task that was only

achievable with the help of the many volunteers and staff at Welland and District Humane Society.

"In the past years the numbers were only a couple of hundred," said shelter animal care manager Tammy Gaboury.

The increase of 85% in cat adoptions is call for celebration

at their mall location, she said.

"People like the mall. Look at the amazing number of cats that have been adopted," animal care worker Kellie Clements said.

For more information visit [www.wellandhumane.org](http://www.wellandhumane.org).

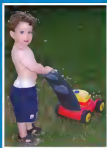
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COLLIN STACHURA/for PELHAM NEWS

One of the many cats available at Welland and District Humane Society's cat adoption centre inside Seaway Mall is shown. The centre marked its two-year anniversary Wednesday.

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### Zumba Gold @ Pelham Arena

Tuesday Apr 15 9:30 am - 10:30 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

### Walking Club - Everyone is welcome! - Apr 15 and Apr 17

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

### Aquatics

The Pelham Community Pool opens for public swimming on Saturday, June 14, 2014. Registration is now open for swimming lessons, Lifesaving Training Programs, the Pelham Penguins Swim Team and the Triathlon Club. Registration forms are available at [www.pelham.ca/pelham-community-pool](http://www.pelham.ca/pelham-community-pool) and at the Municipal Offices.

### Summer Camps

Start your summer off with one of our Fun Days - exciting daily trips June 30, July 2, 3 & 4. Summer Camps & Programs start the first full week of July. Details and registration forms for our Summer Day Camps, Playground Program, Specialty Camps: Bike Camp; Art Camp; Sports Camp; You're the Chef Camp can be found at [www.pelham.ca/summer-camp](http://www.pelham.ca/summer-camp) and at the Municipal Offices.

## COMMUNITY EVENTS & NEWS

**Pelham's 10<sup>th</sup> EGGstravaganza - Saturday, April 19, 2014 at 11:00 sharp! - Harold Black Park - Ages 12 & under.** Please bring your own basket. Area will be divided by age groups. Meet the Easter Bunny & stay for a barbeque with proceeds supporting the Canada Day Fireworks Display.



**Communities in Bloom - Spring Gardening Series with Karin Vermeer - Thursday, April 24 at 7pm.** Topic: Unusual Gardening. Venue: Vermeer's Garden Centre. Only \$5.00 per session! Registration and payment required in advance. Please contact the Town of Pelham at 905-892-2607 ext. 329 or [icook@pelham.ca](mailto:icook@pelham.ca).

**Community Clean Up Days - Help Keep Pelham Beautiful - Corporate Challenge Day: Thursday, April 24; Student Participation Day: Friday, April 25; Community Clean Up Day: Saturday, April 26 - 9:00am to 12:00pm at Centennial Park, 999 Church Street.** Barbeque lunch provided. Thanks to the Fenwick Lions Club & Tim Hortons for their contributions. Register at [www.pelham.ca](http://www.pelham.ca)

**Come join Pelham's 2014 Heritage Tea Committtee!** We are eager to have you share your talents and help us plan our annual Heritage Tea Celebration happening on Saturday, June 28, 2014. If interested, please contact 905-892-2607 ext. 329

**Summerfest Vendor Applications - It's time to start planning to "Chill on the Hill!"** Vendor applications for Pelham Summerfest are now available on [pelhamsummerfest.ca](http://pelhamsummerfest.ca).

**Pelham Mayor's Gala Tickets Now Available - On Saturday, May 24<sup>th</sup>, 2014.** Mayor Dawn Augustyn and community volunteers will host the 6th Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are "NOW" available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the "NEW" Mayor's Gala Champions Program. Please contact 905-892-2607 ext. 337 or [mtoscher@pelham.ca](mailto:mtoscher@pelham.ca).

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# LOCAL NEWS

## ■ BIZ BUZZ

# Lotsa dough spent on pizza joint

MARYANNE FIRTH  
PelhamNews Staff

It's still the same family-run pizza joint that opened in Pelham more than 20 years ago.

Only now, Massimo's is serving up its famous \$1 slices from a multimillion-dollar building on Regional Rd. 20.

What began as a tiny four-oven venture has grown to become a staple for 'za-lovers in Niagara.

The success has been humbling for owner Massimo Citrigno, who has dreamed of expanding the business after it outgrew its former longtime Pelham St. location.

Customers wanted more parking and seating, and Massimo was determined to deliver.

On March 7, after about a year-and-a-half of construction, he made good on his promise.

The new 7,000-square-foot pizza palace opened its doors at 164 Regional Rd. 20 with ample parking and seating for 180 diners, more than double the old location.

It has a full-service dining room, separate quick eat-in and takeout area, and an outdoor patio that will be introduced as the weather warms. Its menu has also expanded to include items such as salads, paninis and desserts.



MARYANNE FIRTH / STAFF PHOTO

Massimo's owner Massimo Citrigno and general manager Guy Citrigno ready pizzas for the lunch crowd at the pizzeria's new location on Regional Rd. 20.

Research for new menu items had staff on road trips to check out prosciutto factories "to make sure there are no fillers, and the quality of food that we serve the community is the same as what we would serve our own families," said assistant general manager Dana Carter.

"The guys don't do what they do for recognition ... They do this for the people that work for them and the community surrounding that they feed," she said of Massimo and brother Guy, the pizzeria's general manager.

The move has allowed

Massimo's to increase its staff to 60 from about 40 workers. "It feels good. It feels like success," said Massimo, who wished to thank the community for its ongoing support of the business.

While construction was ongoing, servers were "battered with questions" about the opening, Carter said with a laugh.

"That's the position you want to be in, with people excited to come in," Guy added.

Asked what has customers coming back time and time again, Massimo said the answer is simple: "Taste, of



MARYANNE FIRTH/STAFF PHOTO

Massimo's pizzeria has opened its new multimillion-dollar location at 164 Regional Rd. 20. Pictured from left are owner Massimo Citrigno, general manager Guy Citrigno and assistant general manager Dana Carter.

course?" The pizza, he said, gets "a lot of TLC" and people can taste the quality.

"The food is simple," Guy said, and customers can still get the good old-fashioned paper plates they want with their cheesy meal.

Massimo believes it's that pairing of tasty pizza with value and atmosphere that

has turned Massimo's into a local favourite.

He stressed that the restaurant is firmly planted in Pelham, which is why the \$2-million investment was made. There are no plans, he added, to turn the pizzeria into a franchise.

In addition to the new pizzeria, the Regional Rd. 20 property houses a six-

able plaza that includes Julien School for Alternative Learning, Brick by Brick Therapy and Wellness, Touch of Health Chiropractic and Wellness, and businesses that are still setting up shop. For more information, visit [massimospizza.com](http://massimospizza.com).

maryanne.firth@sunmedia.ca  
Twitter: @mfirth18use

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## CONSERVATION AUTHORITY

# NRCA deal not good one for taxpayers: MPP

**ROB HOULE**  
QMI Agency Niagara

Cindy Foster doesn't like it. The Welland riding MPP says the deal the Niagara Peninsula Conservation Authority made in March to purchase 15 acres of the former Easter Seals camp in Wainfleet isn't money wise.

"I don't believe that the deal was a good one for taxpayers" the New Democrat said. "And at the end of the day, you end up with 27% of a parcel of land for probably 80% of the original purchase price."

The NPCA announced recently it had purchased a 15-acre chunk of the 54-acre plot of land along the Lake Erie shoreline from Lakewood Beach Properties Ltd. for \$1,975 million plus a development fee waiver from the Township of Wainfleet. At the request of the NPCA, township council waived a requirement that would have seen Lakewood Beach Properties get up 5% of the remaining 39 acres to Wainfleet for park land dedication, or cash in lieu. NPCA CAO Tony D'Amario said the cash in lieu was pegged at approximately \$500,000.

The developer outbid the NPCA for the 54-acre property in 2006 and bought the land from the Ontario Society for Crippled Children for \$3.125 million. The NPCA had offered \$2.5 million.

The Ontario Municipal Assessment Corp. put a 2014 value of \$5,293 million on the 54 acres. D'Amario said the NPCA paid below market value for the 15 acres. The NPCA had a peer review of the developer's appraisal of the land that put a value of \$2.75 million to \$2.95 million.

Wainfleet Mayor April Jeffs, who is vice-chair of the NPCA board, said the loss of the land to a developer when it was sold in 2006 was an issue she heard time and again while on the

2000 campaign trail. She said the price the NPCA paid is fair.

"Here we are (eight) years later... there's inflation, and the (developer) put different things into the property, like different (planning) approvals," Jeffs said. "It's one of those things, if you compare it to the regional purchase, I think we did really well with it. And any feedback I'll be getting from the constituents here in Wainfleet, and even beyond, has been positive feedback."

The regional purchase Jeffs is referring to is the Niagara Region beach just west of the NPCA's new plot. In the release announcing the purchase, D'Amario references the Region's purchase of the waterfront property. The release notes the Region purchased that 3.34-acre property in 2010 for \$1.35 million. The Region beach is 425 feet wide with an average depth of 118 feet. The NPCA beach is wider at 519 feet, but documents show the average depth of Lakewood Beach is only 86 feet. Measured in square footage, the Region beach is 50,150 square feet while the NPCA beach is 34,254 square feet.

Prior to the sale to the NPCA, the developer's plans were to build 41 condominiums on 39 acres. Development on the remaining 15 acres is limited as the beach and sand dunes leading to it are habitat for the endangered Fowler's toad.

"There's constraints on the land, there's a Fowler's toad area, and we have to recognize that," D'Amario said. "So the plan would be that the site will need some kind of a master plan. There's no question there's going to be a Fowler's toad habitat preservation area."

May we take the opportunity to do some kind of interpretation for people to see, to understand (the toad). Access to the water is another issue that will prob-



**ROB HOULE / STAFF PHOTO**  
The Niagara Peninsula Conservation Authority purchased 15 acres of this 54-acre parcel of land in Wainfleet from a developer who plans on building condominiums on his remaining land.

ably come up".  
The entire Lakewood Beach is protected Fowler's toad habitat, meaning no development can take place on it. According to the Ministry of Natural Resources, even beach maintenance activities such as grading, grooming, clearing of algae and mechanical removal of sand (except when performed in a manner or time of year that maintains habitat functionality for Fowler's toad), is not acceptable. The MNR says on its website, "Recreational use of

beach areas that does not result in compaction of the sand" is acceptable.

"My anticipation is there will be some kind of public access to the beach. We would have to be mindful of the Fowler's toad and how to get there," D'Amario said, suggesting a boardwalk over the dunes to the beach may be required.

Foster sees the purchase of the land as a bigger benefit to the developer than taxpayers.

"At the end of the day, the taxpayers of Niagara and the taxpayers of Wainfleet actually paid for a piece of land that's undevel-



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opable to that a developer could put up half a million dollar condominiums," Foster said.

In February 2012, Niagara Region councillors, in a vote broken by chairman Gary Burroughs, voted against directing staff to enter negotiations to purchase 26 acres of the Wainfleet property from Lakewood Beach Properties. Documents show the developers wanted \$7.5 million. Councillors Bart Maves, David Barrick, Jeffs and West Lincoln Mayor Doug Joyner all voted to direct staff to enter negotiations. All, with the exception of Barrick, who is now an NPCA senior manager, are NPCA board members. Coun. Brian Batey, also a board member, voted against the motion.

"It was a good deal for the Region to get 26 acres, then how could this (buying 15 acres) be a

good deal?" Foster said. Welland's regional Coun. George Marshall, like Foster, does not approve of the deal between the NPCA and Lakewood Beach Properties.

"This is a subject we've already dealt with," Marshall said. "I think it was in 2012, when we decided not to use regional money to purchase 26 acres. Whether it was a close vote or not is essentially irrelevant. Then you've decided not to do it. Then you've got the NPCA using regional dollars to acquire that land. It's not good form. "It's not something I'm happy about. I don't think it was a good deal then, I don't think it's a good deal now. I don't think it's good use of taxpayer dollars."

robort.houle@summedia.ca  
Writer: Robt. Standard



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# LOCAL NEWS

## BOOKS

# Spring fun at Pelham library

FRAN GILES  
Pelham Public Library

I was a bit premature in my last column on March 27, in welcoming the tag end of winter, considering the snowfall of the weekend following.

However, a substantial portion of it melted on Sunday and it is almost all gone now so perhaps I can confidently refer to the increasing dawn chorus without tempting fate. As I wrote then, we're all about spring in the library.

Our spring gift basket silent auction opens for bids April 14. More than 25 baskets with items donated by friends and staff. If you are, or know, a baker, have a child/grandchild, or own a cottage there will be a basket for you. Bid early, bid late, bid often. Bidding continues until May 2, at 4 p.m. A sample basket has been put on display.

We're still looking for donations for our annual clothing sale fundraiser. Lots of things have been donated already, but plenty more are needed. Wanted in particular are outgrown children's gear. Now is the time to root around in the back of closets and rummage through storage boxes. Everything is sorted for size and quality by our volunteers so you can be sure that your bargains are great buys. The sale is April 28 to May 3, whenever the library is open.

On the subject of fundraisers, our book sale raised \$3,315.20. Great work volunteers! We couldn't do it without the donors of books, the sellers of books, and last but not least, the buyers of books. We hope the clothing sale does as well.

The winter children's programs are winding down and the spring brochure will be available by the time you read this.

All preschool age groups are catered for as well as beginning readers, teen volunteers help them increase their skills, and a book club for more advanced readers in grades 5 to 8. All of these teach useful skills and are fun and affordable. Sign up your young ones soon.

For adults there is employment help; interview skills April 15 from 2 p.m. to 4 p.m. (free but please register ahead), and a travelogue April 16 at 7 p.m. on Chicago, California and Newfoundland presented by Earl Clint. He has escorted travellers on cruises (Caribbean, Europe, Alaska) and motor coach tours all over North America plus special events such as a visit to Second World War battle sites and the Passion Play in Oberammergau in Germany. The travelogue is free but pre-registration is recommended. In addition, for adults there

is a hearing clinic April 14. The clinic is free but appointments must be made by calling 905-892-6068. Crafting drop-ins on April 11 and 25, gadget clinics are every Saturday but please register, specify what you wish to learn and pay ahead and drop-in bridge on April 16. Easter is approaching so please make

a note that we will be closed on Good Friday and Easter Monday, April 18 and 21, but open on April 19. The library will be opening one hour later, at 11 a.m. instead of 10 a.m., April 17 because of a staff meeting.

That's all this time. See you at the library.



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# LOCAL NEWS

■ **STATE OF THE REGION:** Chairman says getting GO Transit key to future

## 'Renewal is occurring'

**RAY SPITERI**  
QMI Agency Niagara

Niagara is often viewed as a place where people come to retire. But in the last five years, 36% of the

53,468 newcomers to the region were between the ages of 25-44, while 21% were between 45-64.

"I can't believe still that (those numbers) are true. Those were not the numbers that I ever thought were going on," Niagara Regional Chair Gary Burroughs said during his state of the region speech Friday afternoon.

The data from Statistics Canada indicate the majority of new residents — 57% — are "in that working-age group," which will benefit

businesses looking for employees and non-profit organizations looking for volunteers.

Only 9% of the people who moved to Niagara in the last half decade were 65 or older. "Renewal is occurring and it's exciting," Burroughs said.

He delivered his 2014 address during a luncheon at John Michael's Banquet and Conference Centre in Thorold.

Burroughs highlighted three themes during his speech,

including a new approach to how the region does business, community investment, and advocating for regular GO commuter rail service.

"Too often at the region we've heard without actually listening. I can say today, we've changed that culture," he said. "We're getting our own house in order."

Burroughs discussed new senior leadership at the region and how staff is working "closer than ever" with municipal chief

administrative officers and economic development officers.

He talked about a new Niagara Regional Police headquarters and District 2 in Niagara Falls and a new District 1 in St. Catharines to serve residents, visitors and officers better.

Burroughs said the region is maintaining its essential transportation network, such as a 100-year rebuild of Burgoyne Bridge, the approval for the Shickton station in St. Catharines and repainting the Main Street Bridge in Welland.

The region is funding stormwater projects to ensure water is protected and is allocating funds to preserve, protect and ensure waterfront lands are publicly accessible, he said.

"Niagara is growing. We're positive and it's contagious," Burroughs said, pointing to the Canadian Motor Speedway development in Fort Erie, the Outer Collection mall in Niagara-on-the-Lake and investments in the east canal lands in Port Colborne.

Burroughs reiterated regional council's unanimously approved motion calling on the province to support GO commuter rail to Niagara with stops in Grimsby, St. Catharines and Niagara Falls by the summer of 2015.

He said it would be a "huge economic driver" for Niagara, with stronger connections to the Greater Toronto Area and possible linkages to future U.S. high-speed rail.

Burroughs encouraged the public to get behind an "aggressive advocacy campaign" by calling, e-mailing or writing to their local MPs, Transportation Minister Glen Murray and Premier Kathleen Wynne.

"GO commuter rail will be a game changer. Premier Wynne has made three GO rail service expansion announcements in recent weeks. The province is focused on transit as an election issue. "Niagara's time is now."

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**NOW ABLE TO EFFECTIVELY IMPROVE YOUR HEALTH  
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As a result of new regulations governing the practice of pharmacy in Ontario, pharmacists are now able to be more deeply involved in your medications and management of your medical conditions. The new regulations came into effect last October allowing pharmacists to make use of their unique knowledge. This is great news for both pharmacists and you, their patients. It will allow pharmacists to be an even more integral part of your medication management and it will provide you with greater convenience as pharmacists are easily accessible in the community.

There are five main areas that these changes will affect:

1. PHARMACISTS CAN PRESCRIBE SEVERAL EFFECTIVE MEDICATIONS TO HELP YOU QUIT SMOKING. PATIENTS WHO MAY WISH TO TRY THIS METHOD OR WHO ARE NOW BEING ASSESSED BY THEIR PHARMACIST - WHO WILL USE THEIR PROFESSIONAL JUDGEMENT TO DECIDE IF IT IS RIGHT FOR YOU. THIS MEANS THAT YOU WILL NOT HAVE TO WAIT TO SEE YOUR DOCTOR IN ORDER TO GET ON THE PATH TO BECOMING SMOKE-FREE AND THE PHARMACIST CAN BE INVOLVED THROUGHOUT THIS SOMEWHAT DIFFICULT PROCESS.
2. PHARMACISTS MAY BE ABLE TO RENEW YOUR PRESCRIPTIONS WITHOUT YOU HAVING TO SEE YOUR DOCTOR FIRST. YOUR CONDITION AND YOUR MEDICATIONS MUST BE STABLE. FOR EXAMPLE, THIS MAY APPLY TO PATIENTS WHO HAVE WELL-MANAGED CHRONIC CONDITIONS LIKE DIABETES OR HIGH BLOOD PRESSURE. THIS NEW REGULATION DOES NOT APPLY TO NARCOTICS AND SIMILAR SUBSTANCES AND DOES NOT ELIMINATE THE NEED TO SEE YOUR DOCTOR FOR PROPER FOLLOWUP AND MONITORING.
3. PHARMACISTS MAY ALSO MAKE CERTAIN CHANGES/ADAPTATIONS TO YOUR DOCTOR'S PRESCRIPTION IF NECESSARY BASED ON YOUR PROFESSIONAL JUDGEMENT. FOR EXAMPLE, THEY MAY CHANGE THE DOSAGE FORM (TABLET/CAPSULE/LIQUID) OR THEY COULD ALTER THE DOSING REGIMEN AND POSSIBLY EVEN THE DOSE TO SUIT YOU BETTER. AS ALWAYS, ANY CHANGES WOULD BE DONE WITH YOUR CONSENT AND THE PHARMACIST WOULD SHARE THEM WITH YOUR DOCTOR.
4. PHARMACISTS CAN NOW BE OF EVEN GREATER ASSISTANCE IN HELPING TO DEMONSTRATE HOW TO USE YOUR DEVICES. IF YOU ARE A PATIENT WHO USES AN INHALER OR HAS SELF-ADMINISTERED INJECTIONS, YOUR PHARMACIST CAN NOW USE THE REAL DEVICE TO SHOW YOU HOW TO USE IT, RATHER THAN USING A MODEL. ONE PHARMACIST WHO IS ABLE TO ADMINISTER INJECTIONS IN ORDER TO TEACH YOU HOW TO USE THEM HAVE COMPLETED A TRAINING PROGRAM.
5. SPECIALLY TRAINED PHARMACISTS CAN ADMINISTER THE FLU VACCINE TO PATIENTS FIVE YEARS AND OLDER. THIS WILL PROVIDE PATIENTS WITH MORE LOCATIONS AND GREATER EASE OF ACCESS TO THE VACCINE.

As usual, your pharmacist will make these decisions based on your specific situation, so it is very important to give them as much information about yourself as you can. They need to know about all of the medications you're taking, including anything over-the-counter or any vitamins/minerals that you use. It is also important to talk to your pharmacist about your lifestyle (eg, the foods you eat and the exercises you do) so they can get the full picture in order to make the best decision for you.

Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medicines and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medications.

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## ■ RACING

# A race down memory lane

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It's been about six decades since Valentino Baracetti's need for Saturday night speed literally took him to great heights.

Nowadays the life-long car racing fan is content to sit comfortably in the stands at Merrittville Speedway, not travelling precariously on a branch in an oak tree across the road from the track.

Baracetti, known as Poncho to his friends, has long been able to afford a ticket for a night at the races, and those big oak trees are long gone.

"The trees? They're no longer there. They were cut down years ago," Baracetti said, laughing at the memory of climbing those trees for two summers during the mid-1950s.

"Back then, I didn't have any money. I was just a kid."

Baracetti's memories of watching races from oak trees that once towered over the track was rekindled at a display Merrittville Speedway is holding at Seneca Mall to promote its 63rd season. Continuing until Saturday, the display features nine race cars, a go kart and the track's pace truck.

Baracetti, who emigrated to Welland from his native Italy, said he would hitchhike to the races, usually with two friends, Pete and Romeo.

"It's been so long ago I don't remember their last names," Baracetti, now 73, said.

They would stay perched in the tree all through the races before hitching a ride back to Welland.

"I only did that for a couple years. After that I had money."

Baracetti's been a race fan ever since, with his passion for motorsports briefly — ever so briefly — taking him from a seat in the stands into the driver's seat of a Triumph motorcycle competing at the old Gasport track east of Port Colborne.

"It was a quarter-mile track and I didn't even make it half way. I damned near got killed," the spectator said of his first — and only — foray into the non-spectator side of the sport.

"I tried it once, but that was enough." Aaron Wiley's No. 7M mini stock car was among the races parked in the mall's centre court, and Wiley gave Baracetti a guided tour of the display Monday afternoon.

Baracetti, who has known Wiley since he was three, calls the now 42-year-old racer from Welland his favourite hotshoe in mini stocks. Pete Bicknell, Merrittville's co-owner and a perennial points champion at the track, is his "hero" in the Modified 358 class.

No. 7M is one of three mini stocks Wiley's family plans to run this season at the Thorold track. While it's Wiley's number, it will actually be 14-year-old Kurtis Wiley's ride for the second straight year.

He graduated to the 4-cylinder class after five years racing go karts at Merrittville, and will be competing in mini stocks with mother Jocelyn Wiley, No. 77, and later in the season with his father.

"I don't know what my number will be, but it definitely will have a seven in it," the 42-year-old racer from Welland pointed.

bernardfranks@sunmedia.ca

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# PELHAM DATEBOOK

## APRIL 11

### TRIVIA NIGHT

to raise funds for the Warfleet centaph project. The event will be at the Hwy. 20 legion hall in Fonthill. Teams of eight per table; cost is \$20 a person. Doors open at 6:30 p.m., game begins at 7:30 p.m. To register, call 905-744-9308 or 905-386-6978.

## APRIL 12

### PASTA DINNER

hosted by Fonthill Lions Club at 11 Hwy. 20 Hall, 4 p.m. to 7 p.m.; \$10 for adults, \$6 for children under 12. Takeout and cash bar are available. Last one until fall.

## APRIL 13

### MODEL RAILROAD

open house hosted by

Greater Niagara Railroad Engineers at their 1341 Maple St. clubhouse in Fenwick, noon to 4:30 p.m.

### BECAUSE YOU CARE

spring fashion show and luncheon in support of Walker Family Cancer Centre in St. Catharines will be held at Riverstone Event Centre in Welland, featuring fashions and accessories showcased by 270<sup>+</sup> West, Casual Ladies Wear and Monica's of Welland. Doors open at 12:30 p.m. and the day will also include lunch, entertainment by the Mantini Sisters, raffle prizes, door prizes and a special gift for all attendees. Tickets are \$40, available at Monica's of Welland, 86 West Main St.

## APRIL 14

### EMPLOYMENT HELP

Learn tips and tricks to help you excel at job interviews.

Presented by Niagara College Employment and Training Solutions, at Pelham Public Library 2 p.m. to 4 p.m. Free. Register at 905-892-6443.

### HEARING CLINIC

Connect Hearing will be at Pelham Public Library 10:30 a.m. to 1 p.m. giving free hearing screenings and answering questions. Free, but schedule an appointment by calling 905-892-6068.

### PELHAM HORTICULTURAL

Society meets at 7:30 p.m. in the Fonthill Library, Dan Cooper, master gardener of Green Garden Tours, will speak on gardening from a hammock – low-maintenance gardening. Refreshments to follow.

## APRIL 15

### AGRICULTURE NIGHT

Fonthill Lions Club will be hosting its 63rd annual

Agriculture Night at the Fonthill legion hall. It's a night we salute our farming industry. Guest speaker is Kevin Ker of Pelham, principal consultant of KCM&S and a specialist in research and advisory services for grape and tender fruit production. Ker will speak on grape growing in eastern China. Tickets for the roast beef and ham buffet are available at Klager's Meats, 905-892-2616, or from any Fonthill Lion, or e-mail fonthill.lions@sympatico.ca. Tickets are \$10. Dinner is at 7 p.m.

### EMPLOYMENT HELP

Learn tips and tricks to help you excel at job interviews. Presented by Niagara College Employment and Training Solutions, at Pelham Public Library 2 p.m. to 4 p.m. Free. Register ahead at 905-892-6443.

### SPRING TEA

Niagara Women's

Connection invites you to a relaxing afternoon of friendship, inspiration and fun, 1 p.m. to 3 p.m. Guest speaker Oonaa Fawcett is author of five novels and a singer and will present a "Challenge to go Beyond." Gerri Raff will give a greeting card demonstration. Homemade scones with cream and jam, plus fresh fruits, coffee will be served; door prizes. Cost \$7. Babysitting provided free of charge. Takes place at Kirk on the Hill, 1344 Haist St., Pelham. RSVP Margaret Quesnelle at 905-788-9641 or e-mail mrs.q@live.ca.

## APRIL 16

### STRATEGY TO END POVERTY

The annual general meeting of STEP-Niagara, runs 4:30 p.m. to 5:30 p.m. in Room 109 at Welland Civic Square.

### WELLAND MUSEUM AGM

Welland Historical Museum's annual general meeting starts 7 p.m. in the Welland Civic Square Community Room. Guest speaker is author Karen Rempel Arthur. Free admission, refreshments. Additional information can be found at www.wellandmuseum.ca.

### TRAVELogue

on Chicago, California and Newfoundland. Visit Pelham Public Library to see and hear about the sites from Earl Clint of Verstraeve Travel. For the past 16 years he has planned and escorted motor coach tours throughout North America and taken groups on cruises throughout the Caribbean, in Europe and to Alaska. Time 7 p.m. to 9 p.m. Free. Register in advance.

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Age Groups: 3-4, 5-6, 7-9. Prizes awarded in each age group. Return entries to: Seaway Mall Customer Service by 5:30pm on April 19, 2014. Winner will be announce April 21, 2014.

Artist Name:

Age:

Please include contact information on back;  
Name and Phone Number.





# LET'S ALL DO OUR PART! PLEASE RECYCLE.



## DATEBOOK

### APRIL 22

#### CEMETERY SPRING CLEANUP

at Holy Cross Cemetery in Welland. All wreaths, tin cans, glass jars, flower pots and similar items not removed will be disposed of on this day. Anyone unable to do so by this date can call the cemetery at 905-734-4172 to make arrangements.

### APRIL 25

#### WELLAND MUSEUM TRIVIA

Night is at Welland Community Wellness Complex. Doors open at 7 p.m., game begins at 7:30 p.m., \$20 or person. Tickets can be reserved by calling the museum at 905-732-2215. Pizza, door prizes and fun for all.

#### SPAGHETTI SUPPER

at Fonthill United Church at 5:30 p.m. (one sitting only). Adults \$10, children to age 12 \$5, Family maximum \$30. UCW bake sale in the narthex. Phone 892-6433 Tuesday, Wednesday or Thursday mornings to reserve tickets.

### APRIL 25-27

#### PELHAM HOME SHOW

presented by Fonthill and District Kinsmen at Pelham Arena. Exhibitor

applications at [www.fonthillkinsmen.ca](http://www.fonthillkinsmen.ca). For information contact 905-346-8288 or [fonthillkinsmen@hotmail.com](mailto:fonthillkinsmen@hotmail.com).

### APRIL 26

#### RCAF

Royal Canadian Air Force Association 434 6484 Wings holds its annual joint meeting at Royal Canadian Legion Branch 613, Hwy. 20, Fonthill, at 2 p.m. Guest speaker is Sam Newman, former captain with United Nations Peace Keeping Force, he is also past-president of the Air Force Association Ontario Group. All welcome. Refreshments provided. This topic will be of interest to any former UN personnel and all veterans.

#### PROGRESSIVE EUCHRE

hosted by Fonthill Lionsess at Fonthill Lions Hall, Hwy 20, at 7 p.m. Cost \$5 a person. Prizes light food, cash bar.

### APRIL 28

#### CLOTHING SALE

at Pelham Public Library. All sizes and styles. Retro, accessories, bedding, curtains and more. Starts at 10 a.m. and ends Saturday, May 3, at 5 p.m. On the final day fill a garbage bag for \$5.

More listings at [wellandtribune.ca](http://wellandtribune.ca)

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## Legals

## Legals



### NOTICE TO CREDITORS AND OTHERS

In the estate of **Shawn Walker**, late of the Town of Fenwick, in the Regional Municipality of Niagara, deceased.

All claims against the estate of **Shawn Walker** late of the Town of Fenwick, in the Regional Municipality of Niagara, who died on or about February 28, 2014, must be filed with the undersigned personal representative on or before May 10th, 2014; thereafter, the undersigned will distribute the assets of the said estate having regard only to the claims then filed.

Dated this 3rd day of April, 2014.

**Amanda Vera Adeline Walker,**  
Estate Trustee  
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NEWSPAPERS CANADA

# The Healthy Cupboard

## LEAFSOURCE

### STOPPED CUSTOMER'S PAIN IN DAYS

Nutritional Researcher Discovers a Natural Wonder That Wipes Out Pain and Inflammation, Boosts Immunity and Increases Energy Within a Few Days!



Host of Transforming Health, one of the top internet radio shows, and bestselling author Brad King explains how an ancient earth energy complex has helped thousands of people eliminate painful inflamed joints, avoid pills and fix and increase their energy levels without having to resort to harmful drugs or stimulants.

A few years ago King, an award-winning bestselling author and nutritional researcher found himself in a peculiar situation. "It was here as the keynote presenter at a health conference and was just about to go on stage when I experienced one of the worst blisters I've ever

had ever experienced." But as an often times painful inflammatory condition that eludes the top doctors responsible for resolving blisters between joints.

"I had lived with shoulder pain for so long. It was more normal for me to be in pain than out of it, but no matter what I tried, the pain would always come back."

"It was embarrassing to me, because here I was about to take the stage as a leading health expert, when I couldn't even lift my arm because of the pain I was in," said King. "As a nutritional researcher I had tried almost everything out there, from fish oils to vegetable mitochondria and even combinations of ingredients that most others have never heard of before, but nothing seemed to give rid of my shoulder pain."

**FDA Issues New Warnings for Painkillers**  
That's the heading that appeared on the popular WebMD website a few years back. The FDA had just finished implementing new rules demanding tougher label warnings regarding the numerous side effects associated with anti-inflammatory drugs or as they're commonly called, NSAIDs. Side-effects, from liver damage to stomach bleeding occur all the time in people taking these common drugs. In fact, Dr. Matthew Holman, deputy director of the FDA's Division of Nonprescription Regulation Development at the time read: "The regulations affect much of the U.S. population because over-the-counter pain relievers and herb reducers are some of the most commonly used drugs..."

King was well aware of the dangers of pharmaceutical drugs in the NSAID category,

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which is why he would only take when the pain was unbearable and only for a day or two max. "Millions of people around the world go through Stage 1B daily, even making how damaging they can be," said King. So you can imagine King's elation when a colleague of his handed him a bottle of LeafSource said, "It's this concept helps you, nothing will help you get King's pain all but disappear within a few days, he said indeed a lot more energy from using LeafSource."

"I was always in pretty good shape and had a good coil of energy, or at least I thought I did," said King. "You don't realize how much better things can be until you discover that extra edge. Today I can pain free and in the best shape of my life and I owe a lot of that to my newfound ability to perform exercises I hadn't been able to perform in many, many years."

**Sick and Tired of Being Tired?**  
Unwaking pain is not the only thing people complain about these days. In fact, lack of energy is the number one reason people visit their doctors. Unfortunately, constantly feeling tired is often a by product of our hectic, stressed out, sleepless, poor diet lifestyles and whether people want to hear this or not, the remedy cannot be found within a coffee mug or a soft drink with heart felt looks of coffee addiction.

Stimulants like caffeine accomplish nothing more than depleting our natural energy reserves because they elevate stress hormones, which further eat away at natural energy. The end result is we become dependent on the temporary fix of stimulants and become slaves to them.

Instead, why not take something completely natural that can actually support the energy cycle? LeafSource contains the full array

of electrolytes (minerals that carry electrical charges), which we lose from sweating—providing a constant source of electricity to keep cells at a steady pace in the journal *Physiology Research* indicates that the 100 percent natural substances within LeafSource actually help our cells produce more energy in a very real sense, LeafSource energizes the body's cellular batteries, making you just plain feel better.

**Strengthens Immune System**  
Forget all those so-called remedies for colds, flu and other viral outbreaks, LeafSource contains specialized substances that aid in the development of a stronger immune system. University research studies have proven that LeafSource is excellent at supporting immune cells and building a healthy blood system, which is vital to overall good health. "I have witnessed too many older individuals who were constantly sick, suddenly got well and stay healthy by using LeafSource not to be completely convinced it works," said Rebecca Koning, a registered nurse and Director of Care at a leading retirement facility.

**Improve Skin, Hair and Nails Alike**  
From reducing pain and inflammation, increasing energy levels naturally and helping to maintain a robust immune system, another benefit of this incredible discovery is it can help you maintain the health of your skin, hair and nails to name it. LeafSource also contains specialized nutrients that further set away and support the production of collagen, elastin and keratin, the main proteins required for beautiful skin, hair and strong nails. This is one of the reasons some of the top beauty salons carry LeafSource. As your natural beauty, it's almost miraculous, beauty

effects.

**All Natural Relief from LeafSource:**

**Nature's Health Enhancer.**

Medical researchers—and the people who try it—are astounded by its health-enhancing benefits and how you will feel. LeafSource is one of those rare products that anyone and everyone could benefit from," says King. This is not just another men-made product, but actually a discovery from the traditional wisdom of ancient, organic plant materials found only one place on earth. Simply put, LeafSource combines the earth's bounty and modern science in one of the most unique, currently tested and renewable 100% organic, vegan friendly multipurpose health products available today.



interviewed by  
**Brad King, MS, MEd,**  
Nutritional Researcher, Best Selling Author

# LeafSource

## Natural Health Enhancer



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# Canada's Spring Store

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**SAVE 13%**

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**SALE**  
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# Canada's Spring Store

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### VILLA Collection



**SALE \$594<sup>99</sup>**

### CABANA Collection



**\$499<sup>99</sup>**

### LAKESIDE Collection Conversation Set



**\$599<sup>99</sup>**

### VILLA Collection Conversation Set



**SALE \$594<sup>99</sup>**

### CABANA Collection Sectional Set



**SALE \$799<sup>99</sup>**

### ABERDEEN Collection



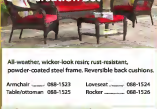
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### LAKESIDE HARVEST Collection



**\$1,520<sup>00</sup>**

### NEWPORT Conversation Set



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All-weather, wicker look resin, rust-resistant, powder-coated steel frame. Reversible back cushions.

Armchair ..... 088-1528 Loveseat ..... 088-1524  
Table/ottoman 088-1525 Rocker ..... 088-1526



### LIVING Collection

100% aluminum set includes motion loveseat with toss cushions, 2 motion armchairs with bolster cushions and 2 side tables (can't be separated) to create a large coffee table. Sold as a complete set 088-1531 ..... SALE \$699.99 Reg \$799.99

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Places sold separately so you can select from the many different, yet coordinating pieces to create the set that's ideal for your family!

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Includes 2 chairs, 2 ottomans, loveseat, coffee table and 4 toss cushions.

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\*More Styles Available. See Store for Details.\*

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